



# The Shepherd's Scroll

The Shepherd's Center of Webster/Kirkwood, Inc. is an interfaith volunteer organization that provides programs and services for older adults.

Shepherd's Center of Webster/Kirkwood, Inc., 1333 W. Lockwood Ave., Glendale, MO 63122,  
**New on Facebook and New Telephone: 314-395-0988** [www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org)

## Tks 4 ur Fbk Vts

### **Thanks For Your Facebook Votes!**

As most of you know, we did not win the new car in the Toyota 100 Cars for Good campaign. Congratulations to the senior program in New York that was the winner. Thanks also to all of you who were able to vote and pass the word along, we had a lot of fun rallying the votes. A consolation prize from Toyota is a grant of \$1,000 which we will be using to finish creating a new video about our organization. We appreciate all your enthusiasm and support of our mission!

## Welcome Betsy Solomon

Thanks to a generous gift of an anonymous donor, we have been able to hire Betsy Solomon on a part time basis as our Strategic Planning Expansion Consultant. She will be developing connections in the community to expand our programs and services to seniors who are not currently enrolled so that we can help more older adults remain vital and independent. Betsy currently teaches Art History and comes to us ambitious and highly qualified. Welcome Betsy!

## Stay Strong Stay Healthy

The Stay Strong Stay Healthy classes that have been offered through University of Missouri Extension of St. Louis County have benefited many participants so we are continuing this class on **Mondays from 1 to 2 pm from Sept. 12 - Nov. 14** in the gym. It incorporates complex total body strength-training exercises, core exercises, balance movements and stretches for beginners and advanced. Cost is \$30 for all 10 weeks. A very effective bargain! Call 395-0988 to register. Questions? Call Damaris Karanja at 615-2911.

## Join the Juliets

Our Juliets, Just Us Ladies Into Eating Together, group meets every **3<sup>rd</sup> Wednesday** at a different restaurant. Recently they have enjoyed dining at Sunset 44, Amici's and Ranoush. All are welcome to join, RSVP is required at 395-0988 by the Monday before, for reservation purposes. The Juliets also have started a book club that is open to all and gathers in the library on **2nd Fridays** at 12:15, inquire about the latest read.

## AARP Safe Driving Course

Sept. 13 from 9 -1 we will offer this class. Cost is \$12 for AARP members/\$14 for non-members. This is free to our volunteer drivers. Registration required by Sept. 8, call 395-0988. Call instructor Roy Schuttenhelm at 842-0409 if you have questions.

## Fall Chores Galore

If you are in need of some Fall yard clean up, we will have some youth groups ready to lend a hand through our Chores Galore which will take place on **Saturday, October 22**. This is also "Make a Difference Day" and "Hands on Kirkwood" Day. Call us at 395-0988 to sign up and let us know the details of the help you may need.

## Special Lunch and Learn

Please join us on **Friday, October 21st** for lunch and a special educational program at 12:15 in the Great Hall, immediately following Adventure in Learning classes. Attorney Jim Blasé covers the importance of creating a will and avoiding probate, planning for family members with varying needs and the value and ease of charitable bequest giving. There is no cost for the lunch, but seating is limited. Please call 395-0988 by **Friday, October 14**, to reserve your spot!

## Give a Gift for our Future

In today's economic environment we know that it is even more important to make careful choices about your financial resources. Therefore, we especially appreciate those who have chosen to continue their support of the Shepherd's Center with a planned donation. For information on ways you can make meaningful and cost-effective gifts to the Shepherd's Center, please contact Executive Director, Gayle McHenry, at 314-395-0988.

## Shepherd's Travelers

**Friday, September 30**, Bob Eastin's "An American in Paris" trip has filled, but you can call 395-0988 to be added to the waiting list.

**Friday, November 18**, Bob Eastin has planned another fun outing to the Missouri Athletic Club for dinner and a performance of familiar songs that made different stars famous (Somewhere over the Rainbow, ...) by The Apollos. Cost is \$59, call 395-0988 to RSVP **deadline is Nov. 9**.

**Tuesday, December 13**, Don Whitener is planning our annual Brass Concert outing. Hear Award-winning soprano Christine Brewer, bagpiper George Gerules, and Susan Slaughter leads the Holiday Brass ensemble. Meet at the 11:15, have lunch at Gingham's on Manchester, then enjoy the Brass Concert at Manchester UMC, returning at 4:30. Cost is \$59, **reservations/payment required by Nov. 1**. Call 395-0988 for RSVP and details.

### Strategic Priorities

Over the last year, the Board of Directors, staff and many of you worked with Paradigm Shift Studios to develop a strategic plan for our future. To keep you all informed, we are sharing our top 7 strategic priorities: ♦Increase revenue that will provide stability, sustainability and expansion of SCWK. ♦Increase visibility and community awareness of SCWK. ♦Grow our capacity to serve more seniors and also younger seniors. ♦Expand the Transportation Ministry. ♦Embrace the culture of philanthropy & reactivate board/community committees. ♦Increase board, program & participant diversity. ♦Create “affiliate” sites/partners outside service area who can provide similar services. All of these priorities will help with the increasing demand for senior services.

### Congregation Connection Coffee

As an interfaith organization we continue to stay connected to our neighboring congregations through quarterly meetings to share information about senior happenings here and in their home congregations. Our next meeting is **Thurs., Sept. 1 at 9 am** in the Great Hall. Please join us. Our guest speaker will be from County Older Resident Programs. Our winter CCC meeting is on **Dec. 29 at 9 am**.

### Welcome to our PR Committee

The best way to spread the word to help your senior neighbors is through you! Please share this newsletter and program with someone you know that can benefit from the Shepherd's Center programs, or with someone who wants to volunteer. That's what we are all about - seniors helping seniors. Keep up the good work, you are our best advertisement!

### Thanksgiving “Thank You” Lunch

We are blessed, lucky and fortunate to have so many wonderful volunteers who give so generously of their time and talent in lending a hand to their senior neighbors. On **Friday, Nov. 4 at noon** we will have a Thanksgiving luncheon to honor them. Our entertainment will be “Minnie Pearl” aka Carol Watkins who is sure to get you laughing and remembering the “Good Ole Days.” All are welcome to attend this “turkey and all the fixins” luncheon. Cost is \$10 per guest, volunteers are free as a “thank you.” Please call 395-0988 to **RSVP by October 28**.

### Holiday Celebration Lunch

Enjoy some festive holiday fun with your Shepherd's Center friends on Friday, December 2. We will start at 11am in the Great Hall with “Village Chimers” a hand chime choir directed by Betty Gnaegy. Lunch will be at noon and then we will have the “Eighth Notes” perform a holiday medley. Lunch catered by Hanneke's Westwood Catering includes pork roast, dressing, gravy, apples, green beans, roll, drink and dessert. Cost is \$10 per lunch. Please call 395-0988 to **RSVP by November 25**.

### Meet Laurel, our MSG Student

Laurel Willis will be doing her final practicum for a Masters in Gerontology from UMSL. Currently she is a hospice social worker with Bethesda Health Group. She will be joining us on Fridays and doing special projects at other times. Let's give her a warm Shepherd's Center welcome.

### From the Resource Desk

The **Alzheimer's Association** has a great helpline 800-272-3900 and website [www.alzstl.org](http://www.alzstl.org) which has so many good resources including support groups for spouses and families coping with dementia. The **American Red Cross** is also a helpful resource. Click on [www.redcrossstl.org](http://www.redcrossstl.org) and learn some disaster preparedness “get a kit, make a plan, be informed.”

### Words to Share

Recently one of our board members shared this with us at a meeting and it truly does represent what we do here at our Shepherd's Center.

Taken from: **God was here and I was out to lunch** by James W. Moore

Chapter - Don't miss the rest of the story

Recently I ran across an article that impressed me. The article shows how a ministry is different from a job. It says:

If you're doing it just well enough to get by, it's a job.

If your doing it to the best of your ability, it's a ministry.

If you'll do it only so long, as it doesn't interfere with other activities, it's a job.

If you're committed to staying with it, even when it means letting go of other things, it's a ministry.

If you quit because no one praised you or thanked you, it was a job.

If you stay with it even when no one seems to notice, it's a ministry.

If you do it because you are convinced it needs to be done, it's a ministry.

It's hard to get excited about a job.

It's impossible not to get excited about a ministry. People may say “well done” when you do your job.

The Lord will say “well done” when you complete your ministry.

As always...

If God leads you to it, he will lead you through it!